

# Sesame Noodles with Chicken & Vegetables

Fall

Winter

Spring

Summer

## NUTRITION INFORMATION

**SERVING SIZE: 1 cup**

Amount per Serving

Calories	367 kcal
Protein	24.87 g
Carbohydrate	24.61 g
Total Fat	19.59 g
Saturated Fat	3.40 g
Cholesterol	54.13 mg
Vitamin A	974.19 IU
Vitamin C	31.15 mg
Iron	3.39 mg
Calcium	89.31 mg
Sodium	418.39 mg
Dietary Fiber	4.41 g

**EQUIVALENTS:** 1 cup provides 2 oz equiv meat/meat alternate, ¼ cup other vegetable and .75 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

“Sometimes after a student gives positive feedback about a recipe, they’ll say, ‘OK, Mrs. T, what’s in it, whole grains again?’”

— GAY TRUAX

# Sesame Noodles with Chicken & Vegetables • 60 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Green onions		1 bunch	① Trim and slice green onions.	<ul style="list-style-type: none"> <li>• Be careful not to overcook the peas.</li> <li>• Use other green vegetables according to the season, such as kale, chard or broccoli.</li> <li>• Refrigerate dressing for up to 1 week. Refrigerate the cooked pasta, vegetables and chicken up to 1 day. Warm dressing to thin, toss and garnish the recipe just before serving.</li> </ul>
Red bell pepper		1 medium	② Stem, core and seed peppers; thinly slice.	
Tahini		3 cups	③ Blend tahini, soy sauce, rice vinegar, garlic, ginger, pepper, hot sauce and cayenne in a food processor fitted with a steel blade, a blender or with an immersion blender. While the motor is running, slowly add oil. Taste and adjust seasoning if desired. Refrigerate.	
Low-sodium soy sauce		2½ cups		
Rice vinegar		2½ cups		
Chopped garlic		¼ cup		
Ground ginger		2 Tbsp		
Ground black pepper		2 Tbsp		
Hot sauce		2 Tbsp		
Cayenne pepper		2 tsp		
Sesame oil		2 cups		
Diced cooked chicken	8 lb		④ Put chicken in a 4-inch full hotel pan. Cover and heat in a steamer until it reaches 165°F, about 20 minutes.	
			⑤ Place a bowl of ice water and long-handled strainer next to stove.	
Water		10 gal	⑥ Bring 5 gal of water and 1 Tbsp salt to a boil in each of 2 large stockpots. Add peas to one stockpot; stir. Cook for 4 minutes. Remove with the strainer and plunge into the ice water. Let stand for 5 minutes; drain and set aside.	
Kosher salt		2 Tbsp		
Snap or snow peas	5 lb 8 oz		⑦ Cook pasta in the other stockpot, stirring occasionally, until tender, 10 to 12 minutes. Drain.	
Whole-wheat spaghetti	3 lb			
Grated carrots		1 cup	⑧ Divide the cooked pasta between two 2-inch full hotel pans. Pour half the dressing over the pasta and toss until well combined. Sprinkle each pan with half the peas, carrots, green onions, bell pepper and chicken. Drizzle each pan with the remaining dressing and sprinkle with sesame seeds. Serve warm or cold.	
Sesame seeds, toasted		½ cup		